



Vol. 46, No. 33 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Sept. 16, 2005

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can carry over extra leave  
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Happy birthday, Air Force!  
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back on his Yokota childhood

### Let's get you out of here!



photo by Master Sgt. Val Gempis

**Firefighters with the 374th Civil Engineer Squadron's fire department help an aircrew victim out of a simulated aircraft fire Monday. The scenario was one of many that were played out during the Operational Readiness Exercise that began bright and early Sunday morning. The wing is preparing for a Pacific Air Forces inspection in March 2006 to test its wartime readiness.**

## New CSAF offers guidance

**By Gen. T. Michael Moseley**  
Chief of Staff of the Air Force

To the Airmen of the United States Air Force:

We are a nation at war. Today marks the 1,426th day we've been fighting Operation Enduring Freedom. World War II lasted 1,347 days. We've now been fighting the Global War on Terror for two and a half months longer than World War II. From the day Desert Storm kicked off, Jan. 17, 1991, the Air Force has been in continuous combat. For 14 years our enemies have shot at us and for 14 years we've returned the favor. But no matter how long the road, we must never lose our focus on winning this fight.

Today, we are engaged more than ever from across the globe to here at home. From taking the fight to the enemy in Iraq; to rebuilding lives in the wake of hurricane Katrina; to controlling satellites on the other side of the world; to fighting forest fires in the Rockies; to patrolling the skies over America – you can be proud of the work your Air Force is doing to protect our country. I'm incredibly proud to be a member of an Air Force family that has over 106,000 Airmen assigned or deployed in 64 countries, on every continent, and in every time zone throughout the world.

We have handled each and every task brought before us with lethal efficiency, because of you. It is an honor to work and fight

alongside you in service to our republic. The 684,000 active, Reserve, Guard, and civilians of the United States Air Force are truly a total force. We stand alongside our Army, Navy, Marine Corps, Coast Guard, and Merchant Marine brethren ready to answer the nation's call. We fight together. We triumph together. Our promise to the joint team is that as Airmen we will always be the best in the world at what we do: dominating air and space from one inch above the ground to 100,000 miles above the earth.

Today, we have three major challenges facing our Air Force. First and foremost is accomplishing the combatant tasks the President and Secretary of Defense assign. The tasks will be ones we've done before and ones we've never undertaken. Second, we must preserve that which makes us the most feared air force in the world – our people. Our culture of excellence must continue to develop Airmen who are the most adaptable, most skilled, most professional, and most lethal the world has ever known. Third, we face the difficult task of operating the oldest inventory in the history of the United States Air Force. My senior leadership will work to break this vicious cycle. I need you, our Airmen on the line, to continue making the mission happen.

As we work towards a more secure, more peaceful tomorrow – look around. Behind us you'll see a proud, rich heritage. And in front of us is a limitless horizon. So let's push it up, go to work and make the mission happen.

## Joint concert slated for Sept. 23 at east side's Sakura Shell

**By Master Sgt. Dominique Brown**  
374th Airlift Wing Public Affairs

A joint friendship concert featuring The Hamura Wind Orchestra and the Band of the Pacific-Asia's Final Approach will take place here Sept. 23 at 6 p.m. at the Sakura Shell on the east side.

All community members are invited to attend.

This is the first time the two bands will perform together.

"It is always a privilege to play with a Japanese group," said Master Sgt. David Taylor, noncommissioned officer-in-charge of Final Approach. "We don't speak the same language, but music is an international language that gives us a common thread on which to share our cultures."

Mr. Tetsuo Chida, conductor of the Hamura Wind Orchestra, agreed. "We are very pleased to

express our friendship through the music we love," said Mr. Chida. "I also hope our young members will show increasing interest and develop greater friendships not only with the United States, but with countries all over the world."

The Hamura Wind Orchestra is made up of 28 members, most of whom are in junior high and high school from Hamura City, which borders the base's northwest perimeter.

Final Approach is one of two rock bands that stem from the 30-member Band of the Pacific-Asia that plays more than 380 performances a year. There is also a jazz ensemble and a brass quintet.

Mr. Chida noted that there is a big difference between the two bands in performance level and music style. "Even though we are younger musicians, we will do our best to make this concert great, he

said. "I believe sharing the stage with members of the Air Force Band of the Pacific will be an unforgettable and precious memory for our people for years to come."

The two-hour joint concert's program will begin with the Hamura Wind Orchestra perform-

ing music by Japanese composers, popular Japanese music and Disney music. Final Approach will follow with a combination of songs to include Rock, ska, New Orleans style jazz and a 1940's theme song.

The two bands will perform together for the grand finale.



courtesy photo by Hamura Wind Orchestra

**The Hamura Wind Orchestra performs during a recent concert. The symphony has been invited to play a joint concert with the Band of the Pacific-Asia's Final Approach ensemble Sept. 23 at Sakura Shell.**

### Bringing a guest

If community members would like to invite an off-base visitors to the concert, please take them to the visitor center located at Fussa Gate.

All sponsors must remain with their guests at all times. Leaving their guest unattended is a sponsorship violation and will result in their visitors being removed from base and possible action against the sponsor.

For passes longer than 24 hours, call 225-8932 for details.

(Courtesy of 374th Security Forces Squadron)

**ORI countdown: 177 days**



# AFPC: Some Airmen can carry over 'use or lose' leave

RANDOLPH AIR FORCE BASE, Texas – Airmen who were recalled from or unable to take annual leave this past year for reasons such as support for contingency operations will be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Special leave accrual carry over also applies to the Air Force Reserve and Air National Guard members who performed full-time training or other full-time duties for more than 29 days.

Airmen who lost leave may carry the following leave amounts:

--Up to 120 days for Airmen deployed or assigned to hostile fire/imminent danger pay areas;

--Up to 90 days for Airmen who deployed or were assigned to other than hostile fire/imminent danger locations; and,

--Up to 90 days for Airmen impacted by significant and unforeseen operational mission requirements as a result of Hurricane Katrina.

Additionally, Airmen who lost leave as a consequence of assignments in support of contingency operations as of Sept. 30, 2005 are authorized restoration of the leave they lost.

"This program is meant to enable people to take leave they've earned," said Tech. Sgt. Deitra Mathis, noncommissioned officer-in-charge of field operations, leave and commander's support staff programs at the Air Force Personnel Center here. "For the program to work as planned, though, those affected need to take not only the leave they

are carrying over now, but also the leave they will earn during the next fiscal year, or they may lose leave next year."

Those Airmen who meet the criteria for having excess leave should contact their local military personnel flight, customer service element for additional guidance such as eligibility to carry over leave beyond the following fiscal year.

For more information, call 225-9913.

(Courtesy of Air Force Personnel Center)

## Practice makes perfect

**Staff Sgt. Richard Thaggard, air traffic control tower watch supervisor, gives a Japan Air Self-Defense Force Airman instruction on the section's new simulator. The Tower Simulation System, or TSS, is a voice-recognition capable air traffic control tower simulator used for training new air traffic control Airmen here. The system helps Airmen track aircraft and issue safety alerts within Yokota's five-mile airspace. The TSS runs on 17 separate computers, five projection screens and multiple touch-sensitive computer monitors. The system costs more than \$500,000.**



photo by Master Sgt. Val Gempis

## New policy decreases threat of identity theft: ARLINGTON, Va. (AFPN) –

The undersecretary of defense-comptroller and the undersecretary of defense for personnel and readiness have cosigned a new policy that directs military departments and all defense civilian employees to support the policy to eliminate paper copies of leave and earnings statements and W-2 tax statements.

Under the new policy, servicemembers and civilian nonbargaining employees who logon to the myPay Web site are consenting to receive electronic copies of their documents.

Bargaining unit civilians will be brought onto this system as soon as local negotiations are completed.

## NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at [www.af.mil](http://www.af.mil)

**Air Force requests accounting of evacuated family members:** RANDOLPH AIR FORCE BASE, Texas (AFPN) – Officials at the Air Force Personnel Center here are urging Air Force family members in safe-haven status to call AFPC at (866) 299-0596 to report their safe-haven location and other contact information.

Personnel officials are available 24 hours a day to take calls from family members and ensure they are safe and aware of their entitlements.

(Courtesy of AFPC News Service)

**Displaced Airmen return to Keesler after hurricane:** EGLIN AIR FORCE BASE, Fla. (AFPN) –

Twenty people from Keesler Air Force Base, Miss., who evacuated here because of Hurricane Katrina made a bittersweet day trip back to their homes and belongings Sept. 5, just one week after the storm devastated much of the Gulf Coast.

The Airmen rode in a convoy of eight security-escorted vehicles for the three-hour drive from here to Biloxi, Miss.

Evacuees gathered salvageable items from their dwellings and began their journey back here, having a better grasp of Katrina's impact and what their futures may hold.

# AD

# ‘101 Critical Days of Summer’ ends with low numbers

## Base, Air Force see drop in deaths, incidents between May, September

By Airman 1st Class Katie Thomas  
Editor

Team Yokota wasn't the only base to see a decrease in deaths and incidents during this year's "Critical Days of Summer."

The Air Force lost three less Airmen than it did in 2004, and eight less than it did in 2003, said offi-

cials at the Air Force Safety Center.

The base saw no deaths and had four incidents, said the 374th Air-lift Wing safety office. In 2004, there was one death and six incidents.

Of the four incidents this year, three were during sports and recreation activities such as softball and football, and one was duty-related.

Safety officials have designated

the time between Memorial Day and Labor Day as the Critical Days of Summer, because there is an increased risk of incidents and deaths occurring due to numerous activities that Airmen and their families participate in during that time.

"There aren't any more deaths or incidents during the 101 Critical Days of Summer than we usually will see any other time during the year," said Staff Sgt. Tawanna Sellars, wing safety office. "We want to help Airmen stay alive and

safe by highlighting personal risk management for summer activities."

Most incidents and deaths were in automobiles and motorcycles during the Critical Days. These claimed 17 of this year's 29 deaths across the Air Force. Seven were in automobiles, and 10 in motorcycles.

In 2004, the Air Force had 11 motorcycle deaths and 11 automobile deaths, while 2003 saw 13 motorcycle fatalities and 18 automobile fatalities.

Of the Pacific Air Forces' three

deaths this year, one was in a car and one in a motorcycle. An Airman was also killed during a sports and recreation incident.

From kayaking to surfing, barbecuing to beach volleyball, these activities and several others require planning, personal protection equipment and risk management.

Airmen and their families are encouraged to carefully consider their health condition and the environment around them before engaging in any strenuous or high-risk activity.

## Former CSAF: Wingman Day every day in Air Force

By Gen. John P. Jumper

Former Chief of Staff of the Air Force

Over the past year, I have stressed the importance of Airmen looking out for one another, especially in light of our alarmingly high suicide rate in 2004. I asked that we all make the extra effort to look for troubling signs in our co-workers -- that we be great wingmen. Our rates have gone down, but each loss that we take is one too many. The efforts of some great wingmen have saved the lives of some of our comrades in arms, but now I urge each of you to continue to provide mutual support.

In my 39-year career, I have always been proud of how our Air Force takes care of its

own. It sets us apart from those in the private sector and it is something I will deeply miss in retirement. This attitude is firmly rooted in the profession of arms and is part of our common Airman culture. Our inaugural Wingman Day occurred after four months in which 24 Airmen took their own lives. Discussing the stressors we experience, re-emphasizing available supportive services, and talking about what it takes to be a great wingman provided an opportunity for us to join together and examine how we can strengthen our common Airman culture at every level.

Why has focusing on our wingman responsibilities contributed to lowering our suicide rates? I believe part of the answer

lies in our core value of "Service Before Self." The foundation of this value is respect -- respect for our Air Force, for ourselves, and for our fellow Airmen. As we give and gain respect, we develop our sense of what it means to be Airmen and create a community to support those who need our help. Airmen support and protect their fellow Airmen. Airmen help Airmen in need. Airmen work with Airmen to deliver precision results wherever and whenever needed.

Being a great wingman means recognizing when other Airmen are in distress and having the courage to care. I am asking each of you to make being a wingman a habit and not just a slogan. Wingman Day isn't nearly enough. While providing a good opportu-

nity to reflect on how we take care of our own, simply scheduling one day a year is just a beginning. We must each make a conscious choice each and every day, ensuring that we are thinking, preparing, and acting in accord with our core values and serving as wingmen to our fellow Airmen, whether they are active, reserve, guardsman, or civilian. We should ask ourselves daily, "Who are my wingmen, how are they doing, and what have I done to support them today?" That's where "Service Before Self" begins - with you and your teammates. That's what makes our United States Air Force the greatest Air and Space force in the world.

(From *Chief's Sight Picture* dated Aug. 31, "Suicide Prevention - Be Great Wingmen")

# AD

# Air Force celebrates 58 years while looking toward the future

By Gen. Paul Hester  
Pacific Air Forces commander

HICKAM AIR FORCE BASE, Hawaii – The U.S. Air Force will celebrate its 58th anniversary Sept. 18, and while it marks a time to reflect on our humble beginnings as a separate service, it's also an opportunity to look at where we're headed.

As we, the men and women of the Pacific Air Forces celebrate, I urge each of us to look toward the future as our predecessors did back in 1947.

Those bold pioneers who established our foundation of independence and excellence, officers by the names of Doolittle, Arnold and Chenault, influenced by airpower theorists, such as

Mitchell, Trenchard and Douhet, took pride in the role they played in the beginnings of today's most powerful Air Force.

It's been less than a century since William "Billy" Mitchell demonstrated how bombers, correctly equipped, could sink some of the world's largest war vessels like the German battleship Ostfriesland. In response to the resultant fury of our nation's battleship commanders, his superiors sent him to Hawaii to quiet the hot debate of a separate air service. As you know, it didn't work.

Instead, off the coast of Mitchell's place of temporary exile, PACAF recently reiterated the decisive nature of the air power Mitchell envisioned and for which he

fought so fervently. In joint demonstrations of maritime interdiction capability, several different Air Force aircraft types showed their lethality in Resultant Fury '05, and most recently in another exercise in the North Pacific.

We've come a long way; from fighting to convince our nation's leaders of the necessity of a separate Air Force to establishing complete air superiority over our enemies in a matter of hours.

Today's is a global war that's caused us to shift our focus and redefine the way our military fights. We've come full circle. Instead of focusing on our separate strengths, we're focusing on the synergy of jointness, cooperating with our sister services, Guard and Reserve Units, and coalition

partners at a level never before achieved.

PACAF is undergoing a transformation of its own. You're the pioneers of the expanding PACAF mission. Be proud in the role you play as Airmen in new endeavors such as standing up the Kenney warfighting headquarters; in the beddown of rotational bombers, fighters and tankers; in preparing for the addition of C-17s, Global Hawks, and additional fighter forces to the PACAF arsenal.

Happy Birthday to our great Air Force family and to you magnificent PACAF Airmen whose contributions are helping to redefine the 21st century's United States Air Force. I'm proud to be serving with you!

## Exploring patchwork of excellence

By Lt. Col. Charles Eastman  
36th Airlift Squadron commander

This is the third article I've written for the Fuji Flyer and you would be correct if you guessed that the first two covered integrity and service.

I felt it only appropriate that my third, and final, article focus on excellence.

So, you may ask, why is excellence the third leg of our Air Force Core Values?

I'll use an illustration we can all envision. First, because integrity is the very cloth upon which our professional lives are woven.

Imagine a patchwork quilt where each section represents a particular experience or learning opportunity you have had during your life. Without a backing cloth of solid moral and ethical beliefs, there is nowhere for each of these material swatches to attach. And lacking this foundation, one can make choices void of integrity with disastrous results.

Now, picture service as the thread in this example, weaving each fragment of fabric to the cloth. It is always there and covers the entire quilt. Our dedication as military

... Visualize excellence as the workmanship you put into this life blanket. Are the corners perfect right angles or are they just kind of square?



personnel to a higher calling, our service to our God and our country, holds it all together.

Finally, visualize excellence as the workmanship you put into this life blanket. Are the corners perfect right angles or are they just kind of square? Maybe they're a little rounded here or there? Are the pieces of cloth lapping over the edge?

I use this example because I think each of us knows someone whose corners are exactly ninety degrees, every time. They're uniform is always pressed and clean. They never need a haircut. They know their job and everyone knows they are the "go-to" person when it has to be done right ... the first time. I use these individuals as examples to drive myself to be better, and I challenge each of you to do the same.

I recently had the opportunity to fly down to the island of Iwo Jima. At the top of Mount Suribachi, you can look down onto a 5,000-yard long, steep black beach and only imagine the fierce fighting where thousands upon thousands of American and Japanese servicemen

died in only a matter of days. The Japanese were firmly entrenched in the jungles above the shoreline when the Marines came ashore, each force knowing the strategic importance of this postage stamp-sized volcanic island could not be overstated.

There at the summit where the infamous flag raising took place 60 years ago, are memorials to those who died from both countries. I was struck by the modest United States memorial in particular. As you walk closer, you realize that literally thousands of dog tags are hanging from the memorial itself. Thousands of Marines over the years have come to that spot and left their dog tags, specialty badges and rank insignia in an act of humble respect for their fellow Marines that had made the ultimate sacrifice for our nation. That entire scene that day epitomized excellence to me better than any I've ever witnessed before.

It is critical that as our military is asked to do more with less and as we continue to execute missions around the globe daily, combating terrorism and other threats to freedom, each of us is at our best ... always. We can all honor those who have gone before us by accepting no less than excellence in all we do. It is said that we are what we repeatedly do. Therefore, excellence is not an act, but a habit. Make it one of yours!



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The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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## DUI Prevention

Aug. 3 – Sept. 1	0
Total DUIs in August	0
Total in 2005	6

### Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

**Don't  
drink and drive.  
Call 225-RIDE!**

## Action Line

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.

**E-mail: Action.lines-1@yokota.af.mil**

**Col. Scott Goodwin**  
374th Airlift Wing commander



# Air Force takes Airman 'home'

## *C-21 pilot reminisces about years spent growing up at Yokota, Misawa*

By Staff Sgt. Karen J. Tomasik  
374th Airlift Wing Public Affairs

As a child growing up, the last thing on Capt. Zensaku Munn's mind was joining the military, let alone becoming a C-21 pilot for the U.S. Air Force assigned to the 459th Airlift Squadron here.

That was then, when his father, now retired Lt. Col. James Munn, was an enlisted Airman serving tours in Japan at both Yokota and Misawa Air Bases. Captain Munn was born in 1978 at Tyndall Air Force Base, Fla., to the young staff sergeant and his Japanese wife Takako.

"I remember when I was growing up at Yokota, going to school at East Elementary School and breaking my arm on a big tree still here to this day," said Captain Munn, now serving as the chief of wing operations plans. "Growing up I thought that one military person in the family was enough and I didn't even consider joining the military because of that."

But time changes everything and while Captain Munn was attending Misawa High School he hoped to return to Japan one day. He then decided to apply for and was accepted at the Air Force Academy,

graduating as a member of the Class of 2000 with a major in Foreign Area Studies with an emphasis in Asia.

"I took Japanese language classes at the Academy and remember having a hard time with it because I grew up bilingual and only knew the common usage of Japanese – not the classic style taught in class," the captain said. "I still correspond with my teacher today and now I'm the one teaching her things about the language evolving since I am stationed in Japan and experience the changes in the language first hand."

Also a dedicated student of martial arts, Captain Munn studied both Tae Kwon Do and Okinawan Shorin-Ryu earning his black belts. He now studies a more advanced form called Kyokushin Karate.

"I have enjoyed studying martial arts since I was a child in Japan," said Captain Munn. "I've excelled in both styles over the years, but the new style I study now is even more intensive and very challenging. I am really appreciative of being able to continue my studies while in the Air Force."

The captain takes advantage of robust off-base activities as well and can be seen volunteering with translations between English and Japanese and participating in a social club for people of half-Japanese descent like himself called the Hapa Japan Club.

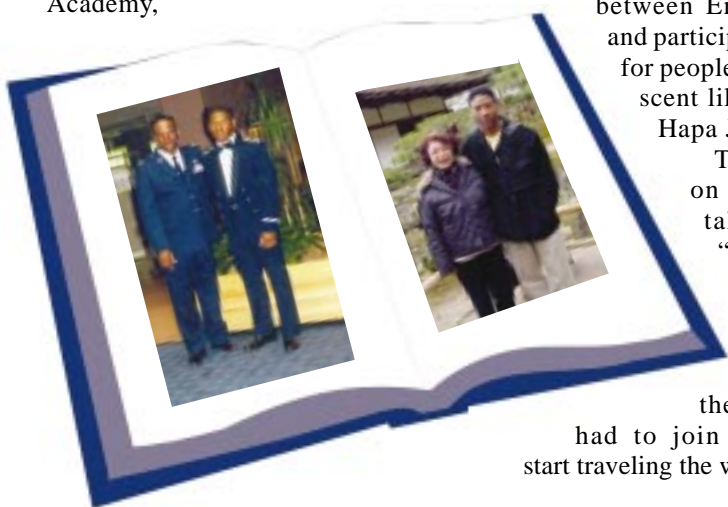
The captain reflected on where life has taken him and said "Years ago I never thought I'd be in the Air Force stationed in Japan, but I'm so grateful for all the opportunities I've

had to join the Air Force and start traveling the world myself."



photo by Master Sgt. Val Gempis

**Capt. Zensaku Munn is a C-21A Learjet pilot with the 459th Airlift Squadron here. He grew up with his father, retired Lt. Col. James Munn, and mother Takako, both pictured at left, here at Yokota and Misawa. Captain Munn says he remembers breaking his arm after falling out of a tree that is still at Yokota East Elementary School.**



# AD

## Off base

**All-Japan Plamodel Radicon Show 2005:** This show features plastic toy kits ranging from cars to airplanes and everything in between, including radio-controlled models. It is at the Tokyo Big Site Sept. 23 and 24 beginning at 10 a.m. Change to Yurikamome after reaching JR Yamanote Line's Shinbashi Station. Get off at Kokusai Tenji-jo Seimon Mae. The cost is 800 yen.

**Hamura Furusato Matsuri:** This is a traditional Japanese festival with music, dancing and more. It is at the JR Ome Line's Ozaku Station on Oct. 1 and 2. The festival is free and open to the public.

**Tama City Center's Halloween events:** Celebrate this holiday with costume contests, trick-or-treating, flea market and stage shows in Tama City Oct. 28 to 30. Schedules and directions are available at the Yujo Recreation Center.

**MoriTown mall Halloween flea market:** Located 10 minutes out the east housing gate, this mall is looking for people to participate in its annual Halloween festivities. Call 090-4244-3914.

## On base

### Movies

**Today** – *The Transporter 2*, PG-13, 7 p.m.; *The Devil's Rejects*, R, 9:30 p.m.

**Saturday** – *Bad News Bears*, PG-13, 2 p.m.; *Charlie and the Chocolate Factory*, PG-13, 7 p.m.; *The Transporter 2*, PG-13, 9:30 p.m.

**Sunday** – *Bad News Bears*, PG-13, 2 p.m.; *The Transporter 2*, PG-13, 9:30 p.m.

**Monday** – *The Transporter 2*, PG-13, 7 p.m.

**Tuesday** – *The Devil's Rejects*, R, 7 p.m.

**Wednesday** – *The Transporter 2*, PG-13, 7 p.m.

**Thursday** – *Wedding Crashers*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### Education

Base Training and Education Services is offering an adult education Japanese conversation course. Beginners classes start Oct. 5 and 6, and intermediate classes begin Oct. 4. Classes run for 10 weeks and meet once a week during lunch. Call 225-7337.

Air Force spouse tuition assistance applications are available Tuesday for Term II. Applications must be returned by Sept. 23. Call Base Training and Education Services at 225-7337.

The University of Maryland is offering academic advice Sept. 26 through 28 at the Yokota Education Center. Visit the center in Bldg. 316 or call 225-8922 to make an appointment.

### Case-lot sale

The Yokota commissary is having its semi-annual case-lot sale Saturday and Sunday.

### Project Graduation

The Yokota High School Project Graduation Committee\* is holding a car wash at Bldg. 950 near the Samurai Self-Help Store and the south overrun Saturday. Donations are being accepted. Call 227-9931.

The committee\* is hosting a town hall meeting Thursday beginning at 6 p.m. in the Officers' Club ballroom. All parents, seniors and community members are invited to attend the meeting. Call 227-9931.

### Sick call changes

The 374th Dental Squadron has switched its sick call to appointments-only beginning Monday. The change is to help eliminate excessively long wait times. Call 225-3671 to contact the sick call line.

### POW/MIA ceremony

A prisoner-of-war and missing-in-action ceremony will be held today beginning at 4 p.m. in front of the 374th Airlift Wing headquarters building. The ceremony is open to the public.

### Teen conference

A free teen conference including a play and live music will be at the Family Support Center Saturday. Doors open at 5:30 p.m., and the show starts at 6 p.m. The show is open to community members age 10 years and older.

### Give Parents a Break

The Child Development Centers are hosting a "Give Parents a Break" program Sept. 24. Applications and paperwork are due by today to participate. Call 225-225-8810.

### Volunteers needed

The Yokota Enlisted Spouses Club\* needs volunteers to work its Halloween haunted house. Call 227-7618 or send an e-mail to [YESCHauntedHouse@yahoo.com](mailto:YESCHauntedHouse@yahoo.com).

### Family Advocacy

Family Advocacy offers numerous classes to community members ranging from parenting to anger management to marital enrichment. The classes are free. Call 225-3648.

### Auction

The Yokota Middle School Parent-Teacher Organization\* is sponsoring an auction Sept. 24 at the school's gym. Registration begins at 9 a.m. and costs only \$5 per person. Call 225-9671.

### Instructors needed

The Air Force Junior ROTC program needs 60 instructors for high schools throughout the following states: Alaska, Arizona, Arkansas, California, Florida, Georgia, Illinois, Iowa, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Nevada, New Jersey, New Mexico, New York, North Carolina, Ohio, Oklahoma, Pennsylvania, Puerto Rico, Rhode Island, Texas, Utah and Washington. Call DSN 493-5275.

### Photo contest

The Yokota Arts and Crafts Center is hosting this second annual contest Wednesday through

## Samurai Warrior



## of the Week



Staff Sgt. Neikya Morris

Staff Sgt Neikya Morris, 374th Operations Support Squadron, is this week's Samurai Warrior of the Week for exhibiting the qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Sergeant Morris is the deputy noncommissioned officer in charge of the airfield management operations section. Her exceptional ability was key to the airfield operations flight winning the Air Force Airfield Operations Flight Complex of 2004. While deployed, she served as the airfield management training NCO, providing leadership to three airmen. She has tested 200 flightline drivers, helping cut Yokota's runway intrusions by 30 percent.

Oct. 1. Entry is free and photos must be in eight-inch by 10-inch format with a maximum of two entries per person per category. Call 225-8133.

### Library contest

The base library is supporting the Pacific Air Forces 3rd Annual Info Quest contest throughout September. Prizes include an iPod shuffle. The contest is open to all eligible library cardholders. Call 225-7490.

### Chapel events

The base chapel is hosting Sunday school classes at the Yokota Middle School on Sundays from 9 to 10:30 a.m. Classes are available for ages three to adult. Call 225-7009 to register.

Confaternity of Christian Doctrine meets at the Yokota Middle School from 11 a.m. to 12:15 p.m. Sundays. Classes are available for kindergarten to adult ages. Call 225-7009.

The Protestant Singles of the Chapel\* is beginning a study

about evolution, creationism, and science taught by Adam White from 5:30 to 7:30 p.m. Tuesday in the building behind the main chapel. All base singles are invited to attend. Free food and music are also offered. Call 225-7009.

### Chapel Schedule

#### Traditional (West) Chapel

*Catholic:* Mass, Sundays at 9:15 a.m. and 5 p.m.

*Protestant:* Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Korean service, Sundays at 2 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

#### Contemporary (East) Chapel

*Protestant:* Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009.

### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

# AD



## “Quotes” & Things

*“When Jack Nicklaus plays well, he wins. When he plays badly, he finishes second. When he plays terrible, he finishes third.”*

**Johnny Miller**

**Coaches needed:** The youth sports program is seeking coaches for the boy’s soccer program for ages 13 to 15. Call 225-7021.

**Golf:** The Tama Hills Golf Club Championship is Sept. 24 and 25, and Oct. 1 and 2. The cost is \$65 and includes cart rental, four lunches, prize drawings and more. Call 225-8815.

**Outdoor Rec:** The base outdoor recreation center is offering the following trips: rock climbing at Mt. Takatori Sept. 21; Sabiki-style ocean fishing at Odawara’s Sagami Bay Sept. 24; advanced lure fishing at Odawara’s Sagami Bay Sept. 24; and downhill mountain biking at Mt. Takamine Sept. 28. Call 225-4552.

**Tomodachi Lanes:** A men’s and women’s nine-pin no-tap tournament today at 4 p.m. Sign up by 3:30 p.m. that day. Call 225-7615.

The base bowling alley is not closing Sept. 30. It will continue to operate as normal, however there will be limited lane availability as equipment moves to its new location on the west side. Call 225-7615.

**FitFactor:** Air Force Services is introducing a new fitness incentive program for ages 9 to 18 that is called FitFactor. The base youth centers, including the east, west and teen centers, will each host a kickoff party Oct. 1 from 5 to 7 p.m. Call 225-6397.

# Aerobics classes making waves

## Water-based workouts can help burn 300 calories in 30 minutes

By 1st Lt. Ben Alumbaugh  
374th Airlift Wing Public Affairs

With summer winding down most people think pool season is over, but at the Natatorium the pool has more uses than just cooling off.

The pool is used for a variety of programs such as a water aerobics, scuba diving classes, swim lessons, water survival training and other special events throughout the year, such as the Leaky Kon-Tiki.

With the Fit to Fight program, the pool provides a different option for people to increase their fitness.

“Aerobic water exercise can include running, jogging and walking underwater in a pool.

“Not only will you develop stronger leg and hip muscles but it will do wonders for your cardio-respiratory fitness

level,” said Justina Jensen, the aquatic supervisor at the Natatorium.

“An aerobic water exercise of around 30 minutes can help you burn about 300 calories.”

The Natatorium currently has five water aerobic instructors. Each one has their own teaching style, but there aren’t special names for each class offered said Ms. Jensen.

Even though a person is working out in water, there are still some safety precautions to take.

“It is essential to keep yourself well hydrated when indulging in water aerobic exercise,” said Ms. Jensen.

Ms. Jensen says as you submerge yourself in the water, you are reducing the stress on the lower part of the body but at the same time you are increasing the resistance and therefore



photo by 1st Lt. Ben Alumbaugh

**Community members awoke bright and early to attend this water aerobics class Sept. 9 at 5 a.m. The Natatorium offers several different water aerobics classes Mondays through Fridays from 5 to 6 a.m. and 5:15 to 6:15 p.m., and Saturdays from 9 to 10 a.m. For more information, call the Natatorium at 225-6133.**

each person should equip themselves adequately before any water aerobic routine.

“Even though you are indoors, you should use moisturizer and water-resistant sunscreen to ward off the drying effect of chlorine,” Ms. Jensen said.

“Also, each person should invest in a good pair of water shoes for their water exercise routine.”

For more information on classes or other aquatic activities such as open and lap swims, contact the Natatorium at 225-6133.

## Intramural flag football schedule

### ⇒ Monday at Yokota Field

DSRJ at 730 AMS	5:30 p.m.
374 SFS at 374 MXS	6:30 p.m.
374 CES at 459 AS	7:30 p.m.
374 AMXS at 374 LRS	8:30 p.m.

### ⇒ Tuesday at Yokota Field

20 OWS at 374 OG	5:30 p.m.
374 MDG at 374 CS	6:30 p.m.
374 MXS at DSRJ	7:30 p.m.

### ⇒ Wednesday at Yokota Field

459 AS at 20 OWS	5:30 p.m.
730 AMS at 374 AMXS	6:30 p.m.
374 OG at 374 SFS	7:30 p.m.
374 CS at 374 CES	8:30 p.m.

### ⇒ Thursday at Yokota Field

730 AMS at 374 LRS	5:30 p.m.
374 CES at 374 MDG	6:30 p.m.
374 AMXS at 374 MXS	7:30 p.m.

### ⇒ Sept. 26 at Yokota Field

20 OWS at 374 CS	5:30 p.m.
DSRJ at 374 OG	6:30 p.m.
374 LRS at 374 MDG	7:30 p.m.
374 SFS at 459 AS	8:30 p.m.

### ⇒ Sept. 27 at Yokota Field

459 AS at DSRJ	5:30 p.m.
374 MXS 730 AMS	6:30 p.m.
374 CS at 374 SFS	7:30 p.m.
374 MDG at 20 OWS	8:30 p.m.

### ⇒ Sept. 28 at Yokota Field

730 AMS at 374 OG	5:30 p.m.
20 OWS at 374 CES	6:30 p.m.

### ⇒ Sept. 29 at Yokota Field

374 LRS at 374 CES	5:30 p.m.
374 OG at 374 AMXS	6:30 p.m.
374 SFS at 374 MDG	7:30 p.m.

### ⇒ Oct. 3 at Yokota Field

DSRJ at 374 CS	5:30 p.m.
374 AMXS at 459 AS	6:30 p.m.
374 LRS at 20 OWS	7:30 p.m.

### ⇒ Oct. 4 at Yokota Field

459 AS at 730 AMS	5:30 p.m.
374 OG at 374 MXS	6:30 p.m.
374 MDG at DSRJ	7:30 p.m.

### ⇒ Oct. 5 at Yokota Field

374 CS at 374 AMXS	5:30 p.m.
374 CES at 374 SFS	6:30 p.m.
374 MXS at 459 AS	7:30 p.m.

### ⇒ Oct. 6 at Yokota Field

730 AMS at 374 CS	5:30 p.m.
DSRJ at 374 CES	6:30 p.m.
374 MXS at 374 LRS	7:30 p.m.
374 AMXS at 374 MDG	8:30 p.m.

# AD